

I claim:

- 1 1. A flavored gelatin capsule suitable for encapsulating a dose of fish oil
2 comprising:
 - 3 a) gelatin;
 - 4 b) a gelatin softener;
 - 5 c) water; and
 - 6 d) a water soluble flavoring, wherein the water is present in said
7 flavored gelatin capsule in a concentration between about 6 and
8 about 10% and the ingredients are formed into a capsule for
9 encapsulating a dose.
- 10 2. The flavored gelatin capsule of claim 1 wherein said gelatin softener is
11 present in said flavored gelatin capsule in a concentration between
12 about 10% and about 35%, and wherein said gelatin softener
13 comprises at least one polyol chosen from the group consisting of
14 glycerol and sorbitol.
- 15 3. The flavored gelatin capsule of claim 2 wherein said water soluble
16 flavoring is present in a concentration above about 0.25%.
- 17 4. The flavored gelatin capsule of claim 2 wherein said water soluble
18 flavoring is present in a concentration above about 0.5%.
- 19 5. The gelatin capsule of claim 3 wherein said water soluble flavoring is
20 present in a concentration between about 0.25% and about 1.5%.
- 21 6. The gelatin capsule of claim 4 wherein said water soluble flavoring is
22 present in a concentration between about 0.50% and about 1.5%.

- 1 7. A fish oil capsule for palatable presentation of fish oil comprising:
2 a) a gelatin capsule, said gelatin capsule comprising gelatin, a
3 gelatin softener, water, and a water soluble flavoring, wherein
4 said water is present in said gelatin capsule in a concentration
5 between about 6 % and about 10; and
6 b) a fish oil dose, said gelatin capsule encapsulating said fish oil
7 dose, whereby said fish oil capsule is a palatable fish oil
8 composition which promotes ingestion of the fish oil.
- 1 8. The fish oil capsule of claim 7, wherein said gelatin capsule comprises
2 between 10 and 35 percent of said gelatin softener, and said gelatin
3 softener comprises at least one polyol, said polyol chosen from the
4 group consisting of glycerol and sorbitol.
- 1 9. The fish oil capsule of claim 8 wherein said water soluble flavoring is
2 present in said gelatin capsule in a concentration greater than about
3 0.25%.
- 1 10. The fish oil capsule of claim 8 wherein said water soluble flavoring is
2 present in said gelatin capsule in a concentration greater than about
3 0.50%.